

Article: Prescription Drug Abuse/Misuse Is a Growing Public Health Crisis: Policymakers Are Taking Action

1. Circle your answers.

- Prescription drug abuse has nearly doubled in the last 13 years. **T or F**
- Misuse of prescription drugs is second only to marijuana as the nation's most prevalent prescription drug problem. **T or F**

Article: A Profile of the Problem

2. Please check the correct answer.

What are some of the factors fueling the prescription drug epidemic?

- Physicians have become more willing to prescribe new pain medications in the last ten years.
- Prescription drugs are more available than they have been in the past due to online pharmacies and accessibility from family and friends.
- Marketing to the public about prescription drugs has increased.
- All of the above

3. What is doctor shopping?

Article: Collaboration Among Many Stakeholders Is Critical in the Fight Against Prescription Abuse

4. Circle your answers.

- Prescription drugs are legal, and therefore are always safe to use. **T or F**
- A majority of people say they get their prescription drugs from a friend or family – often from the family medicine cabinet. **T or F**

5. What are two ways health care providers can help prevent prescription drug abuse/misuse?

6. Circle your answers.

- It is legal to share prescription medications. **T or F**
- Patients should lock up their prescriptions. **T or F**

7. What role can pharmacists play in preventing prescription drug misuse/abuse?

Article: *Lower Prescription Abuse Rates Found in States with Drug Monitoring Programs*

8. Circle your answers.

- States with PDMPs are more easily able to collect and analyze data about prescriptions than states without a PDMP. **T or F**
- Doctors are never able to access the data collected by a PDMP to prevent doctor shopping. **T or F**
- Law enforcement agencies are able to use data collected by PDMPs to prevent and detect the illegal diversion of prescription drugs. **T or F**

Article: *Unscrupulous Internet Pharmacies Are Fueling Prescription Drug Abuse Crisis*

9. List two reasons the Internet is making it easier for people to buy prescriptions illegally.

10. Verified Internet Pharmacy Practice Sites (VIPPS) meet a number of compliance requirements set by their states. Check the requirements of a VIPPS approved online pharmacy.

- ρ Patients right to privacy
- ρ Authentication and security of prescription orders
- ρ Meaningful consultation between patients and pharmacists
- ρ All of the above

Article: *Adolescents Say Prescription Drugs Are Accessible and Seem Less Dangerous Than Illicit Street Drugs*

11. Who/where do adolescents say are their primary source for obtaining prescription drugs?

12. Circle your answers.

- Many adolescents believe prescription drugs are safer than illicit street drugs. **T or F**
- High school students attribute stress such as friendships, romantic relationships, difficult family life, competition for college and extracurricular activities as reasons they abuse prescription drugs. **T or F**

13. What is pharming?

Article: *Misuse of Prescription Drugs by Older Adults Is Especially Dangerous*

14. List four of the factors that contribute to older adults developing dependence or becoming addicted to prescription drugs.

Article: *The Counselor's Zone*

15. List the three most commonly abused types of prescription drugs.

16. List two symptoms the misuse or abuse of opioids can cause.

17. Circle your answers.

- Intention is the difference between prescription drug misuse and abuse. **T or F**
- A person is abusing a prescription drug if he/she intentionally takes it for a reason other than what it was prescribed. **T or F**
- A person is abusing a prescription if he/she doesn't follow the directions on the prescription properly by mistake. **T or F**

18. Check the type of treatment that is most beneficial for people with prescription drug abuse problems.

- Behavioral treatments alone
- Pharmacological treatments alone
- Behavioral and pharmacological treatments in combination

19. List the four types of behavioral treatments that may be beneficial in treating prescription drug addiction.

20. Which of the following are behavioral treatments designed to teach clients?

- How to stop using drugs
- How to handle cravings
- How to prevent a relapse
- How to handle a relapse
- All of the above

21. What two medications sometimes used to treat heroin addiction may also be useful in treating prescription addiction?

22. Check all that apply. Clients in addiction treatment for prescription drug abuse need:

- Appropriate dose-tapering or other detoxification
- Physicians and nurses with expertise in pain management
- Psychiatrists with expertise in addiction treatment and psychotropic medication management
- Addiction counselors, social workers, and/or psychiatric nurses with experience in providing cognitive-behavioral therapy and other approaches for treating anxiety and panic disorders, PTSD, ADD, AD/HD and eating disorders